

Customers can now bring in their wireless-ready laptop and surf the web from any location in the library. Page 2.

First Look

Road closed

The road immediately in front of the post office and the nearby traffic circle are closed for road work. People can still get to the credit union, but there is no through traffic to the Beira Mar gate; drivers must go around. For more information, call 2-6828.

ID checks

Beginning Dec. 1, the commissary and both BXs will conduct 100 percent identification checks at the door and registers. Also, customers are limited to one transaction at the register unless in military uniform.

Traffic tickets

The security and defense coordination center is under renovation until about April 1, 2005. Until further notice, U.S. people with Air Base No. 4 traffic tickets should see Sra. Sao Santos in Bldg. T-815. For more information, call Sra. Santos at 2-6177 or email her at sao.santos@lajes.af.mil.

Phone bill tip

People going on temporary duty or leave for up to four months can have their phone service put "on hold" for that time. Visit the Portuguese Telecom outlet in the Portuguese terminal for more information.

Preflight

- Days since last DUI . 33
- DUIs since Jan. 1 .. three
- Current AEF 1 & 2
- Current FPCON Alpha
- **Combat Nighthawk: 2nd Lt. Ted Harmer, 65th Communications Squadron; 2nd Lt. Alani Robles, 65th Mission Support Squadron, Master Sgt. Christina Dixon, 65th MSS; Master Sgt. David Cornillie, 65th Security Forces Squadron**



Staff Sgts. Jerome and Tiffany Worthington and their children Nicholas and Kennedy won the Team Lajes Family of the Year Award for 2004. (Photo by Staff Sgt. Olenda Kleffner)

Family recognized for base support

by Capt. Yvonne Levardi
Chief, public affairs

An award recognizing outstanding community and military leadership, professionalism and volunteerism was awarded to a Team Lajes family Nov. 9.

Staff Sgts. Jerome, 65th Security Forces Squadron, and Tiffany Worthington, 65th Mission Support Squadron, and their children Nicholas and Kennedy won the Team Lajes Family of the Year Award for 2004.

"I was honored and proud to have my family named the Lajes Family of the Year," Tiffany said. "There was a lot of tough competition, but we had the privilege of being named number one. It felt good."

The Worthington family contributes much of their personal time to numerous activities across base including AWANA, the Rising VI, at the school and in special events.

"Working with children is my favorite activity," Tiffany said. "They teach you a lot about yourself."

Jerome and Tiffany agree on the importance of giving back to the community.

"I have a sense of pride knowing I can give my time supporting special events or just giving back to the community," Jerome said. "It's important to give a helping hand where it's needed because you never know when you might need that same assistance."

Eleven Team Lajes families were nominated for the award, according to Lisa Anderson, 65th Mission Support Squadron family services consultant.

"We have so many magnificent families at Lajes

who do so much to support our community," Mrs. Anderson said. "I know the judges had a difficult choice to make."

The award was created last year as part of the Month of the Military Family and recognizes an exceptional military family whose lives are dedicated to serving the well-being of the military and local community.

"Volunteering gives me the chance to have fellowship with others and help in needed areas," Tiffany said. "A small task to you may mean the world to someone else."

Lauren Jackson, 65th MSS work and life consultant, said it's important to recognize people for their dedication and commitment within a community.

"The nominations come from squadron commanders and supervisors who work directly with the family and see first-hand their involvement," Mrs. Jackson said. "Being recognized and nominated is just as rewarding as winning, is what I heard someone say last year."

Each squadron was able to submit up to two eligible DOD military families for the award. A panel chaired by Chief Master Sgt. Cathi Durick, 65th Air Base Wing command chief, reviewed the nomination packages and chose a winning family Nov. 4.

Selection criteria include volunteering, leadership within the community and support for the military. The winning family receives recognition with a personalized plaque and a gift basket.

"All the families that were nominated for the award were fantastic," Jerome said. "But to come out as the best was an awesome experience."

Base library has gone wireless

65th Services Squadron

Customers can now bring in a wireless-ready laptop and surf the web from any location in the library.

The Lajes Base Library now provides no-cost wireless internet access to its patrons.

Today, people in bookstores, coffee houses and other public places use their laptops without any wires connecting them to a network, but normally pay a fee for the added convenience.

Team Lajes members can now get a fast wireless internet connection at Lajes' Base Library for free, according to Carol Wood, Lajes li-

brary director.

In order to use the service, people must have a wireless-ready laptop with a network card.

Individuals who have a laptop, but don't have a network card, can check out a card for use in the library, Mrs. Wood said.

"Many military members, civilians and family members come to Lajes with their laptops. This is a great service that doesn't require any signup. Just bring in your laptop, log onto the network and you are ready to go," she said.

The library also provides computer service to those who don't own laptops. The

library has a computer lab with 12 internet-ready computers that are loaded with common office programs and they all have printing capability.

"Our computers get a lot of use. Now, with the addition of wireless networking, we can free up some of the library computers. Our customers with wireless laptops have been asking for this service and now we are glad to say that thanks to Project Wizard, we can provide this great service," Barbara Biljan, reference librarian, said.

Since the wireless signal is available throughout the library, people can make use

of the new chairs to relax in while looking at e-mail or surfing the web.

Study groups can log on in the study room, and use their computers while studying in groups without having to huddle around one wired desktop computer.

For wireless internet connection, bestselling books, or movies, the library is open every day except Christmas Day and New Years Day and is located at building T-208 in back of the base exchange and across from the commissary.

For more information, call 535-3688 or log on to www.usafelibraries.org and choose Lajes from the "Your Local Library" menu.



Sum dinner

(Above) Lajes Single and Unaccompanied members line up at the base chapel for the SUM dinner Nov. 18. The SUM dinner was sponsored by the 65th Medical Operations Squadron.

(Right) Staff Sgt. Kristie Clifford, 65th MDOS, prepared a salad for the SUM dinner. (Photos by Staff Sgt. Michelle Michaud)





Mystery night

After searching for about an hour to find out about the disappearance of Angela Day, which turned out to be a kidnapping, Gina Wasuwanit and Sammy Powers solved the mystery during mystery night at the library Nov. 12. They won free movie tickets for being first to find the culprit. (Photo by James O'Rear)



Turkey Trot

Thomas Stockton and Jonathan Measor, both of the 65th Communications Squadron, grab a cup of water from Roger Warner, 65th CS, during the "Turkey Trot" fun run Nov. 19. More than 150 Team Lajes members participated in the trot. The male/female over 30 winners were Eric Morgan and Karen Thomas. The male under 30 winner was Eric Rollman. The secret stick winner was Jose Lopez and the lucky volunteer was Michelle McCullough-Cruz. (Photo by Guido Melo)

Focus notes

Project CHEER

Join the Lajes Ridge Runners in working off Thanksgiving dinner at 9 a.m. Nov. 27, and maybe even win a turkey. Meet in the community activities center parking lot for the Turkey Trot fun run, walk and hike. Dogs are welcome too.

Combat Touch events

This year's Christmas Cantata, "Christmas Tapestry," is at 7 p.m. Dec. 12. Practice is at 7 p.m. Mondays at the chapel sanctuary. For more information, call 2-4211.

Combat Education

People working towards their Community College of the Air Force degree can log onto <https://afvec.langley.af.mil> to check completion status.

Education grant program: the Gen. Henry H. Arnold Education Grant Program application brochures is available at www.afas.org under education and Arnold Grant.

Combat Care

Parents Offering Parents Support is a play group for stay-at-home parents of active duty and civilian personnel. They meet 10-11 a.m. Thursdays. The group participates in activities, play time and reading time. For more information, call Pam Darling at 295-549-751.

Events take place at the Chace Fitness Center unless otherwise noted.

Basketball tourney

A 3-on-3 basketball tournament for ages 18 and up is at 7 p.m. Dec. 3. Teams consist of four players; it's a double-elimination tournament. Register by Nov. 29.

Volleyball

A 3-on-3 volleyball tournament for ages 18 and up is Dec. 17. Teams consist of four players and it's a double-elimination tournament. Register by Dec. 13.

Strong-arm

A bench press competition for ages 18 and up is at 11 a.m. Jan. 15. There are two lifts at each weight and weight classes for men and women. Register by Jan. 7.

Keep going

An endurance competition is at 9 a.m. Jan. 28 for ages 18 and up. Teams consist of three people, with one member female. Register by Jan. 18. For more information on the competitions, call Staff Sgt. Eric Ross at 2-6126.



Base program brings holiday cheer

By Staff Sgt. Olenda Kleffner
Crossroads editor

The 65th Air Base Wing Chapel Charities is sponsoring the Angel Tree program for under privileged children on base and in the local community through Dec. 12.

"The squadron first sergeants submit children's names for military members, and the names for the local community children come through the base chapel," said Tech. Sgt. Michelle McCullough-Cruz, program coordinator.

The trees are located at the Ocean Front and Flight View base exchanges. The trees have cut-out angels with the gender and age of a child, and suggested or needed gifts. The ages range from infant to 15 years old.

"It's really easy to participate in the Angel Tree program," Sergeant McCullough-Cruz said. "All you need to do is pick an angel from the tree, purchase \$15-\$20 of

gifts for that gender and age and then drop it off with the cut-out angel in the box next to the angel tree."

She said the unwrapped gifts are picked up daily, and members of the chapel charities will wrap the gifts before they are delivered to the families.

Anyone with access to the base can participate in the program.

"I think the program is a great opportunity for all of us to give to those children that are less fortunate than we will probably ever understand. After all, 'tis the season to be giving," said Staff Sgt. Michelle Michaud, 65th Communications Squadron.

"This program is a great way to give anonymously for the pure joy of giving with no expectations of receiving anything in return," said Chaplain (Lt. Col.) Michael Coggins, 65th Air Base Wing chaplain. "It's a wonderful expression of the spirit of the season and of God, who has given so much to us.



Senior Airmen Quiana Dansby and Claudia Herrera, both of 729th Air Mobility Squadron, look through the angels on the Angel Tree at the Ocean View base exchange. (Photo by Staff Sgt. Olenda Kleffner)



(Above) Tech. Sgt. Patrick Pryde, 65th Communications Squadron, and Airman 1st Class Michael Livingston, 729th Air Mobility Squadron, were two of the pepper eaters in the jalapeño eating contest at the Ocean View Base Exchange Nov. 13.

(Right) Jeremy McClure, son of Martha and Staff Sgt. Jason McClure, also attempted to catch his mouth on fire. Airman Livingston won \$50 for coming in first place, Sergeant Pryde won three-pounds of jalapeños for coming in second place and 9-year-old Jeremy won a bottle of mouthwash for coming in third place. (Photos by Staff Sgt. Olenda Kleffner)



Broadcaster for a day



Airman 1st Class Richard Gonzales, AFN, puts a mike on Devlon Polite, son of Tech. Sgt. Rachel Polite. He was one of about 50 students at Lajes High School who participated in Military Career day Nov. 18. (Photo by Staff Sgt. Michelle Michaud)

For official use only: GTC

by Tech. Sgt. Renee Kirkland
NCOIC, public affairs

Use of the government travel card is limited to official use only purchases. Lajes currently has a five-star rated program and the base agency program coordinator intends to keep it that way.

"In an ongoing effort to ensure that Lajes sustains its five-star GTC program, I would like to educate as many of our cardholders as possible on the rules concerning card usage," said 1st Lt. Marlon Elbelau, 65th Comptroller Squadron.

Members may only use the card for official travel, he said, however; this doesn't include people on emergency leave.

"There have been occasions when people have attempted to use the card to make on-line purchases through non-travel related web sites such as Victoria's Secret and eBay. People have even tried to use the card to get cash advances when they are not on travel orders. These are examples of what not to use your travel card for," Lt. Elbelau said.

While members can use the GTC for travel expenses, the use of the card is not mandatory during permanent change of station moves.

"When members PCS they are en-

titled to receive a travel advance," Lieutenant Elbelau said. "If you are moving from Lajes to a new permanent duty station the best course of action is not to use the travel card but to receive a travel advance, military pay or dislocation allowance advance to defray some of the costs of your PCS move."

Unit program coordinators retrieve the cards of members who are separating from the Air Force and returning to the states. In this case, the member is allowed to receive a travel advance from the finance office. The money will be electronically deposited into their account the next day. People are reminded that they must report this advance when filing their travel voucher to ensure the travel settlement is paid correctly.

Split disbursement is mandatory for all travelers that use their GTC while on temporary duty or during a PCS move. If TDY travel is more than 30 days, members will need to file an accrual voucher every 30 days to ensure monthly charges are paid on time, Lieutenant Elbelau said. The voucher can be filed with the host installation or with the Lajes comptroller squadron by e-mailing the voucher to 65cptsftss@lajes.af.mil or by faxing it to DSN 535-6789.

Members may also process an accrual

voucher for incurred expenses prior to their departure. This, Lieutenant Elbelau said, is useful for members who are deploying on TDYs longer than 30 days. Online payments are also accepted by logging into www.myeasypayment.com. The important thing is not to let payments become delinquent.

An account is considered delinquent when the balance exceeds 30 calendar days. Delinquent accounts appear on a listing provided by Bank of America to the installation program coordinator. This list is sent to all unit commanders and first sergeants weekly. Delinquent accounts warrant counseling and sometimes reprimands for the card holder.

When an account is 60 days delinquent, the account is suspended and may not be used until the balance is paid in full. At 120 days delinquent, a collection letter is sent from the bank stating intent to collect on the debt and the account is closed. If the debt is still not paid by 180 days, the bank will start actions with DFAS to begin garnishing the member's wages to repay the debt.

The government travel card is for use only during official travel and the balance must be paid in full each month, Lieutenant Elbelau reiterated. Having the card is a privilege that should not be abused.

Patriots cheerleaders visiting european bases

ROBINS AIR FORCE BASE, Ga. - Cheerleaders for the world champion New England Patriots will bring holiday cheer to American troops overseas Dec. 5-16, starting at Lajes Dec. 4, followed Dec. 5 with a performance by Blues Traveler at 1 p.m.

Headquarters U.S. Air Forces in Europe at Ramstein Air Base, Germany, and Headquarters Air Force Reserve Command at Robins Air Force Base, Ga., are sponsoring Operation Season's Greetings. This rock-and-roll tour features four of the Patriots Cheerleaders, the platinum-selling artists Blues Traveler, and musicians from the USAFE Band and the Band of the Air Force Reserve.

"We hope to remind the troops of home," said Tracy Sormanti, coach of the Patriots Cheerleading squad. "From football talk - one of America's greatest pastimes - to high energy performances with great music and crowd interaction. There's no better way to show



Cheerleaders for the world champion New England Patriots will bring holiday cheer to Lajes Dec. 4. (Courtesy photo)

our support to the servicemen and women for their efforts and sacrifices than to tell them in person."

Sharing the tour's spotlight with the cheerleaders, Blues Traveler is scheduled to perform their Grammy-winning single "Run Around." The band is composed of artists

John Popper, Chan Kinchla, Brendan Hill, Tad Kinchla and Ben Wilson. According to their Web site, the blues band still holds the record for the longest time on the Billboard Music chart.

"I think the performances will remind people of home, great music and energy," said

Nicole Schell, a Patriot cheerleader from Wilmington, Mass.

Operation Season's Greetings performers will visit Lajes Field, Azores; Incirlik Air Base, Turkey; Ramstein AB and Spangdahlem AB, Germany; Royal Air Force Menwith Hill and RAF Mildenhall, England; and Keflavik, Iceland.

"The Operation Season's Greetings tour is exactly what the chief of staff of the Air Force prioritizes for Air Force bands," said Mr. Dave Ballengee, deputy director of the Band of the Air Force Reserve, Robins AFB, Ga. "We're going to forward and deployed locations for the morale of the troops and their families."

The U.S. Air Forces in Europe and Reserve bands will perform as the opening act for the show - playing well-known rock-and-roll, rap and contemporary favorites. The combined band serves as a good reminder of how Air Force reservists partner with the active duty and Air National Guard to create the Total Force.

AAFES offers support to servicemembers

DALLAS (AFP) — With the holidays quickly approaching, many Americans are searching for ways to reach out to troops stationed overseas. Anticipating a rush of mail from well-wishers, Department of Defense officials remind people that, "Due to security concerns and transportation constraints, the DOD no longer accepts items to be mailed to 'Any Servicemember.'"

They report some people have tried to avoid this prohibition by sending large numbers of packages to an individual servicemember's overseas address, which, DOD officials said, clogs the mail system. It also causes unnecessary delays in delivery, and military postal officials cannot guarantee delivery by a specific date because of processing constraints.

People wishing to send support to troops overseas have another option. The Army and Air Force Exchange Service's "Gifts from the Homefront" and "Help Our Troops Call Home" programs allow anyone to make a direct contribution toward the morale of deployed troops without compromising security or increasing the

strain on the military mail system.

"Gifts from the Homefront" certificates, which can be purchased by any individual, business or civic organization, allow troops to purchase items of necessity and convenience at exchange facilities worldwide including 51 supporting operations Iraqi Freedom and Enduring Freedom. The gift certificates may also be personalized with a message to troops who find themselves so far from home.

Because the gift certificates can be used for merchandise already stocked at contingency locations, "Gifts from the Homefront" are a safe alternative to traditional care packages, AAFES officials said. Servicemembers can purchase exactly what they need with the certificates because they can be applied to a wide range of products.

Reports from Iraq and Afghanistan indicate that the certificates are being used for the latest CDs and DVDs, comfort items such as snacks and beverages and phone cards for those all-important calls home. AAFES' Commander Maj. Gen. Kathryn Frost said "Gifts from the

Homefront" and "Help our Troops Call Home" are excellent ways for all to show they care.

"I encourage every American who is concerned about the welfare of deployed troops to buy a gift certificate or a phone card," General Frost said. "While these troops are doing superhuman tasks in countries half way around the world, we must remember that, after all, they too are human, and the holidays can be a tough time to be away from friends and family. Something as simple as a \$20 gift certificate or \$39 phone card can deliver the much-needed 'connection home' troops crave during the holiday season."

Those wishing to send "Gifts from the Homefront" can log on to www.aafes.com or call (877) 770-4438. "Help Our Troops Call Home" phone cards are also available at aafes.com or by calling (800) 527-2345.

Gift certificates and/or phone cards may be sent to an individual servicemember (designated by the purchaser) or distributed to "any servicemember" through the USO, American Red Cross, Air Force Aid Society or Fisher House.

Remembrance Day



Col. Michael Silver, 65th Mission Support Group commander (right), and Air Base No. 4 Commander Col. Joao Silva pay tribute to those who have died during the Remembrance Day Ceremony at British Cemetery Nov. 17. Portuguese and Americans gathered to honor the British military personnel who died and were buried there during World War II. During World War II, Nazi submarines lurked in this area, preying on Allied convoys, threatening to cut the principal artery that was supplying Britain with vital resources. Lajes Field was an important center in the allied campaign to end the threat of those submarines. After the war, the remains of American casualties were repatriated, but the British chose to leave their honored dead buried in the soil of their traditional ally. Each year since then, the ceremony is held in close proximity to the traditional Armistice Day, Remembrance Day and Veteran's Day observances of the British, Portuguese and American communities. (Photos by Staff Sgt. Michelle Michaud)



Watch helps reduce crime

65th Security Forces Squadron

Lajes Field experienced 20 crimes during the month of October. To help mitigate this problem, the 65th Security Forces Squadron encourages residents to enroll in the Neighborhood Watch program.

Organizers for this program are Staff Sergeants Damon Henderson and Jerome Worthington.

"A neighborhood watch helps reduce crime by putting more eyes on the street and builds a positive relationship between security forces and the local community," said Sergeant Worthington.

While most volunteers find Friday and Saturday evenings the most convenient, security forces now allows volunteers to sign up any evening of the week in an effort to increase the program's effectiveness.

The program runs from 8:30 p.m. - 12:30 a.m., and patrols walk through Beira Mar, Lower-T, Nascor do Sol, the

DoDDS schools and the Youth Center.

"Anyone over 18 who is interested can call one of us to sign up," said Sergeant Worthington. "For safety reasons we ask that personnel sign up in groups of two or more."

He said the first shift runs from 8:30 - 10:30 p.m., and the second from 10:30 p.m. - 12:30 a.m.

Volunteers are outfitted with a radio, traffic vest, flashlights and instructions prior to "walking the beat" and remain in contact with the security defense coordination center during their patrol.

Initial training is conducted through a PowerPoint slide show that depicts crime statistic information, tips on what to look for and patrol procedures.

Participants learn how to look for unauthorized personnel, suspicious activities, and identifying unsecured property or vehicles.

Sergeant Worthington stresses to volunteers to remember they don't have police authority.

"You should never attempt to challenge, approach or detain a suspicious person," he said. "Anything suspicious should be immediately reported to the security defense control center at 2-3223."

Sergeant Worthington said the Neighborhood Watch Program can be very helpful in deterring crime in base housing and that according to 65 SFS statistics, 35 percent of Lajes crime in October involved property theft and burglary.

Sergeant Henderson said the majority of the crimes were preventable.

"Remember to secure all of your items in the housing areas; don't leave toys, tools, bikes and other valuable items laying out in plain view during the daytime or overnight," said Sergeant Henderson. "Also, lock your vehicles, residence doors and windows at night. Double check the security of your property before bedtime."

For more information or to volunteer, call Sergeant Henderson at 2-3512 or Sergeant Worthington at 2-3645.

November is Native American History Month

by **Nadia Najdawi**
Contributing writer

Traditional dances, storytelling, crafts and food are all events that are happening throughout the month of November to commemorate Native American History Month.

The first Native American day was declared by the State of New York in 1916, but a month-long recognition of Native Americans was not achieved until 1990. In that year, President George Bush declared the first National American Indian Heritage

Month on Aug. 3.

The purpose of National American Indian Heritage Month is to honor and recognize the original people of this land.

Throughout American history, American Indians have been an integral part of the American character. Against the odds, America's first peoples have endured, and they remain a vital cultural, political, social and moral presence.

Tribal America has brought to this great country certain values and ideas that have be-

come ingrained in the American spirit: the knowledge that humans can thrive and prosper without destroying the natural environment; the understanding that people from very different backgrounds, cultures, religions and traditions can come together to build a great country; and the awareness that diversity can be a source of strength rather than division.

Native Americans are the inventors of many recreational equipment and everyday items that we take for granted such as the totem pole, kayak,

canoe, tipi, toboggan, snow shoes, lacrosse and moccasins. All of these are from different areas of North America, but all played an important role in forming our society today.

At the beginning of November, Native American dancers performed at the Lajes Youth Center followed by a Pow-Wow. Other events this month included Native American storytelling at the library, and activities at the high school sponsored by the Multi-Cultural Club. For more information, call Tech. Sgt. Mary Lou Storey at 2-6111.



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The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at news@lajes.af.mil.

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65th Medical Operations Squadron



(Above) Staff Sgt. Sarah Edwards assists a patient during a routine PHA. There are about 100 PHAs a month done at Lajes.

(Left) Senior Airman Monique Hernandez and Tech Sgt. Geraldine Flowers raise a stretcher into the ambulance. The ambulance service here has approximately three runs a week ranging from sports injuries, dehydration, broken bones, lacerations, sprains and strains to shortness of breath, chest pains and in-flight emergencies. (Photos by Staff Sgt. Michelle Michaud)

As the base doesn't have its own, members of Team Lajes use the emergency room at Angra Hospital. The majority of medical facilities Air Force-wide are ambulatory clinics which use emergency services at civilian hospitals in the local community. In order to have an emergency room, the medical facility must have an operating room and the ability to perform surgery 24 hours a day, extensive laboratory support including the capability of testing arterial blood gases, a radiologist and complex radiology support including the capability of performing CT scans, an Intensive Care Unit, an inpatient unit, and personnel to keep these areas functioning. The 65th Medical Group provides a primary care, ambulance services, women's health, life skills, optometry, physical therapy, dental, immunizations, lab, radiology and a pharmacy. An ambulance crew is available at all times, and a physician is always on-call for medical advice. Portuguese liaisons, contacted by the on-call physicians, will meet patients at the emergency room to assist them with communication.



(Above) Staff Sgt. Shila Maldonado Mcknight uses a syringe to draw medication for immunizations. The two technicians that work in the immunizations clinic give about 300 shots a month. (Photo by Airman 1st Class Josie Kemp)
(Below) Tech. Sgt. Christina Crouch assists a patient at the primary care front desk. Approximately 750 patients are seen monthly in the primary care clinic.



(Top) Tech. Sgt. Joseph Leslie, physical therapist, uses electricity to push anti-inflammatory medication through a patients' injured leg during physical therapy.
(Above) Sergeant Leslie helps Capt. Wayne Taylor, 65th Operations Squadron, exercise his injured shoulder. The physical therapy clinic helps about 165 patients a month. Some of the things patients are treated for include back and shoulder pain and running injuries such as shin splints. (Photos by Staff Sgt. Michelle Michaud)



COMMENTARY

AF member shares father's suicide, encourages people to seek help

**by 2nd Lt. Shannon Collins
52nd Fighter Wing Public Affairs**

SPANGDAHLEM AIR BASE, Germany (USAFENS) — As I hear songs like “Butterfly Kisses” and “Daddy’s Hands,” and as I watch a movie like “Father of the Bride,” the words “self-inflicted gunshot wound” echoes in my mind.

I will never have that special relationship between a father and a daughter. I won’t have anyone to walk me down the aisle or to celebrate Father’s Day with. And, it isn’t because of a tragic automobile accident or a physical disease; it’s because of suicide.

In fiscal 2004, the Air Force had 57 suicides. Fifty percent of those cases involved Airmen between the ages of 17 and 24. My father was 30 when he did it — the age I am now.

His death certificate reads “massive laceration of brain” and “shotgun wound of the face.” He shot himself Dec. 12, 1979, and lived until Dec. 29, 1979. He was buried New Year’s Eve. Not only did he punish his family members with his

loss, but with the sight of him bloody and broken in the hospital for 17 days.

Suicide ranks third as a cause of death among young Americans age 15-24, behind accidents and homicides, according to the American Association of Suicidology. It is the 11th leading cause of death overall.

Capt. Ruth Roa-Navarette, from the Spangdahlem Air Base life skills clinic, said though most Air Force suicides occurred between July and September this year, people should be extra mindful to reach out to those who may be at risk or alone during the holiday season.

The death certificate also reads “acute ethanolism,” which means he was very intoxicated at the time. In 2004, alcohol abuse accounted for about 19 percent of suicides across the Air Force.

The National Council on Alcoholism and Drug Dependence states that “alcoholism is a primary, chronic disease with genetic, psychosocial and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by continuous or periodic

impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial.”

The jury is out on why my father did what he did. We will always wonder. I will have to live with what he did for the rest of my life.

No matter how overwhelming a situation can be — whether it is financial difficulties, receiving punishment in the military or personal life twists and turns, anyone who considers suicide as the only way out should think of his or her parents, of the family and friends who may be far away but who care for them. Chaplains, life skills representatives, co-workers and supervisors are also there to listen.

For more suicide statistics, visit the AAS at: www.suicidology.org. For more information or to join a support group for survivors of suicide, visit www.survivorsofsuicide.com. For immediate help, call a base chaplain or the life skills center — most importantly, get help.

Sometimes there’s too much red in my blue

**by Staff Sgt.
Angela Pope
4th Fighter Wing
Public Affairs**

SEYMOUR JOHNSON AIR FORCE BASE, N.C. (AFPN) — Too often, my blue pride has me seeing red.

I am proud of the uniform I wear, and so are many others. But the Airmen who show no pride are the ones who distort my vision.

This typically happens off base, where the image we present is the most crucial. I have seen several things that make me wince, from Airmen walking around cursing to wearing a saggy, wrinkled or sloppy uniform.

My latest cringe happened while I was escorting news media on the flight line. A crew chief was talking to his buddies, spitting out

every curse word in the book. Even though this was on base, it happened in the vicinity of the media who are the eyes, ears and voice of the public.

Fortunately, they didn’t hear the Airman and our image remained intact.

For most civilians though, the occasional sighting of an Airman at a fast food joint or the grocery store is their only interaction with the military. And when they see an Airman acting foolish, some may assume we are all like that.

Sure everyone slips from time to time and breaks a uniform rule, like walking and talking on a cell phone in uniform, but we should try to make those slips few and far between.

Even though it is usually junior enlisted members I see

acting up downtown, I know I can’t place the blame solely in their hands. If they are exposed to poor leadership early in their career, they assume their actions are acceptable. And you know what they say about assumptions.

As a young NCO and a former instructor, I know the importance of early guidance and setting a good example for young Airman.

I have always been very conscious of Air Force regulations, and I passed that down to my students. I made every effort to continue the ‘bluing’ process they underwent at basic and were still exposed to back at the squadrons.

I strived to make sure my students didn’t end up on any “hot list” as so many often do.

Education and enforcement are critical to starting Airmen off right and keeping them that way.

But, that trend shouldn’t stop once they leave technical school.

In the presence of bad examples, there is absolutely nothing wrong with an Airman saying “I know better than that, and I will do better than that,” and encouraging others to do the same. They shouldn’t be afraid to take the initiative and make things right.

It is everyone’s job, from the most junior to the most senior, to step up and set the bar high.

Though it may have been awhile since some of us were first blued, we should stay that way all the time. True colors don’t run, nor do they fade.

PLANNER

Changes or updates to this page should be sent to news@lajes.af.mil

AAFES

Flight View BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. and Portuguese holidays

Ocean Front BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun.

Shoppette: 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun.

Barber shop: 8:30 a.m.-5:30 p.m. Mon.-Sat.; 8 a.m.-4:30 p.m. Sat.

Beauty shop: 10 a.m.-6 p.m. Tue.-Sat.

Manicure shop: 10 a.m.-6 p.m. Tue.-Sat.

Dry cleaners: 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat.

Gas station: 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6 p.m. Tue.-Sat.

Lajes services

Child development center: 7 a.m.-5:30 p.m. Mon.-Fri.

Community activities center: 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun.

Commissary: 10 a.m.-6 p.m.

Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu.

Chace Fitness Center: 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun.

Library: 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun.

Outdoor recreation: 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun.

Skills development center: noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat.

Thrift shop: 12:30-4:30 p.m. Mon. and Wed.; 10 a.m.-2 p.m. Fri and 1st Saturday of the month.

Vet clinic: 8 a.m.-2 p.m. Mon., Tues., Thurs., Fri.; noon-6 p.m. 1st, 3rd Wed.; 2-8 p.m. 2nd, 4th Wed.

Youth and teen center: 3-6 p.m. Mon.-Sat.; 8 p.m.-midnight Fri., Sat.

Meal time

Burger King: 7 a.m.-11 p.m. Mon.-Thu.; 7 a.m.-12:30 a.m. Fri.; 8 a.m.-12:30 a.m. Sat.; 8 a.m.-9:30 p.m. Sun.

Dining hall: Breakfast 6-9 a.m., lunch 11 a.m.-1:30 p.m., din-

ner 4-7 p.m., midnight meal 11 p.m.-1:30 a.m., Mon.-Fri.; Brunch 7 a.m.-1 p.m., supper 4-7 p.m., Sat., Sun, midnight meal 11 p.m.-1 a.m., Sat.

Frank's Franks: 11 a.m.-6 p.m., Tues.-Sat.

Oceanview Island Grill: Lunch 11 a.m.-11 p.m. Mon.-Sun. Specials, with fries or salad and drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

Top of the Rock club: Lunch 11 a.m.-1:30 p.m., Mon.-Fri.; brunch 8:30 a.m.-noon, Sat.; dinner 5-9 p.m., Tue.-Sat. Lunch buffets and specials: Mon., Southern buffet; Tue., Mexican buffet; Wed., Italian buffet, family dinner buffet; Thu., Oriental buffet, 2-4-1 steak night; Fri., seafood buffet, Prime & Wine dinner; Hoof & Fin dinner special.

Chapel services

Adoration and rosary: 3 p.m. Mon.-Fri.; 5:40 p.m. Sun.
Mass: 5 p.m. Sun.-Fri.

Meditation and prayer: 6:30 a.m. Mon.-Fri.

Monday
Protestant women's spiritual fitness training, 7 p.m.

Wednesday
Men's spiritual fitness training/lunch, noon; Working women's spiritual fitness training/lunch, noon; Catholic Men of the Chapel, 6 p.m. 2nd Wednesday; Traditional choir practice 6 p.m.; Bell choir practice 7 p.m.; Catholic choir rehearsal 7:15 p.m.

Thursday
Gospel choir practice, 7 p.m.; Men's spiritual fitness training, 7 p.m.

Friday
CWOC Mass, 5:30 p.m. 1st Fri.; Teen Movie Night, 7 p.m.

Saturday
Mass, 10 a.m.

Sunday
Traditional Protestant service, 9 a.m.; Confessions, 9:45 a.m.; Traditional Protestant fellowship, 10 a.m.; Mass, 10:30 a.m.; Gospel service, noon; Catholic youth organization, noon; Catholic choir rehearsal, 4 p.m.; Rosary and adoration, 5:40 p.m.; Protestant Youth of the Chapel, 6:15 p.m.



Today: 7 p.m., "Ladder 49," rated PG-13 for intense fire and rescue situations and language. Cast includes Joaquin Phoenix and John Travolta. Firefighter Jack Morrison has led an extraordinary career as a first responder. But the sacrifices he's made have taken their toll on Jack's relationship with his wife, kids and friends. Those decisions finally come back to haunt Jack when he's trapped in a serious blaze. Jack takes a fall in the middle of a four-alarm. As he lays unconscious, Jack's cigar-chewing boss does his best to save the young man, and Jack's career is retold in flashback.

Saturday: 2 p.m., "First Daughter," rated PG for language, sexual situations and alcohol-related material. Cast includes Katie Holmes and Marc Blucas. Samantha MacKenzie wants what every college freshman desires: to experience life away from home and parents. But it's not going to be easy, because home for Sam is The White House and her dad is the President of the United States. Despite her fishbowl existence, Sam meets and falls for James, the Resident Advisor in her dorm. As romance blossoms, Sam discovers her new beau is a secret agent assigned to protect her. **7 p.m., "Raise Your Voice,"** rated PG for thematic elements and language. Cast includes Hilary Duff and Oliver James. A small-town girl gets the summer of her dreams when she gets to leave home for the summer and attend a performing-arts school in Los Angeles. Lacking in formal training, still hurting from the sudden death of her brother in a car accident, the girl is forced to move on, to heal emotionally and to find herself in the big city.

Sunday: 2 p.m., "First Daughter," rated PG.

Sunday: 7 p.m. "Ladder 49," PG-13.

Wednesday: 7 p.m. "Raise Your Voice," PG.

Thursday: 7 p.m. "Ladder 49," PG-13.

AFN Sports on TV

Friday

AFN-Pacific
College football: SEC - LSU @ Arkansas 6:30 p.m.

AFN-Sports
College football: West Virginia @ Pittsburgh 1 p.m.; Big XII - Colorado @ Nebraska 4 p.m.; Big XII - Texas A&M @ Texas 7:30 p.m.
Men's college basketball: Cisco Systems Preseason NIT Championship 11 p.m.

Saturday

AFN-Atlantic
NBA: Miami Heat @ Detroit Pistons midnight
College football: teams TBD 4 p.m.; SEC - teams TBD 7:30 p.m.

AFN-Pacific
NBA: Sacramento Kings @ Los Angeles Lakers 2:30 a.m.
College football: teams TBD 5 p.m., 8:30 p.m.

AFN-Sports
Men's college basketball: Basketball Hall of Fame Tipoff

Classis - Maryland vs. Memphis 1 a.m.; Great Alaska Shootout Semifinals 4 a.m.
College football: SEC - LSU @ Arkansas 7 a.m.; PAC-10 - Arizona @ Arizona State 11:30 a.m.; teams TBD 4 p.m.; State Farm Bayou Classic - Grambling vs. Southern 6 p.m.; teams TBD 11:45 p.m.

Sunday

AFN-Atlantic
College football: teams TBD 11 a.m.
NFL: teams TBD 5 p.m., 8 p.m., 11 p.m.

AFN-Pacific
College football: teams TBD midnight
NFL: teams TBD 5 p.m., 8 p.m.

AFN-Sports
Gold: Merrill Lynch Skins Game 7 a.m.
Men's college basketball: Great Alaska Shootout Championship 11:30 a.m.
NFL: teams TBD 5 p.m., 8 p.m.; Oakland Raiders @ Denver Broncos 12:30 a.m. (Monday)

EVENTS

Advertising deadline is the Friday prior to the paper date. E-mail announcements weekly in normal text with the event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

Events

Youth bowl: A bowling tournament for ages 5-18 is from 1-3:30 p.m. Dec. 4. There will be prizes awarded. Cost is \$3 each, register at the youth center. For more information, call Jolene Wilkinson at 2-1197.

Magic show: "Moore magic and More Fun" is at 7 p.m. Dec. 17 at the Lajes Youth Center. For more information, call Sheryl Bush at 2-4135.

Flea market: The next flea markets will be from 11 a.m.-1 p.m. Saturday, Dec. 18 and Jan. 15 at the Lajes Youth Center, Bldg. T-240. For more information, call 2-4135.

Teen Lock In: A lock-in for teenagers is from 7 p.m.-7 a.m. Nov. 20-21 at the Lajes Youth Center. Cost is \$10 for members, \$20 for non-members. Activities include bowling, games, movies, dinner and breakfast. For more information, call 2-1197.

Island circle: The next Terceira Island Circle is from 6-8 p.m. Dec. 9 at the family support center. Activity is making a Holiday Sparkle Cross Stitch Ornament. For more information or to make reservations, call 2-4138.

Free car: Volvo, the United Services Organisation, the Defense Commissary Agency and C. Lloyd Johnson have teamed up to give away a 2005 Volvo S60 in the USO 2004 Christmas drawing. Also, the commissary will be drawing for a \$50 gift certificate. Sign up through Dec. 22 at the commissary.

Classes

Personality type: A two-part Myers-Briggs Type Indicator class is from 6-7:30 p.m. Nov. 30 and Dec. 2. The MBTI is a personality preference assessment which can be used in career planning, team building, interpersonal relationships and more. For more information or to register, call Elsa Summers at 2-4138.

Making music: Flute lessons are now offered at the

community center from 9 a.m.-5 p.m. Saturdays. Thirty minute private lessons cost \$40 a month. For more information, call 2-4125.

Sponsors: Sponsorship training is from 10-11 a.m. Tuesday at the family support center. Learn the best way to sponsor incoming people to Lajes. For more information, call 2-4138.

TAP class: A transition assistance class will be Dec. 15-17 at the family support center. The three-day class is designed to get people ready for finding a job in the civilian workforce. Although designed for those who are transitioning out of the military, any spouse or family member can also benefit from the workshop. To register, call 2-4138.

Education Center

OU classes: Enrollment for Spring 05 online courses runs through Dec. 5. For more information, call Kalina Hill at 2-3171 or e-mail aplajes@ou.ed.

Free seminar: A free seminar on distinguishing between Attention Deficit Hyperactivity Disorder and Oppositional Defiant Disorder in children and adolescents is from noon-1 p.m. Dec. 2 is presented by Dr. Jan Culbertson from Oklahoma Health Sciences Center and open to the Lajes community.

Master class: Research in Human Relations, a course for the University of Oklahoma's Master in Human Relations degree is from Jan. 25-30. Sign up by Dec. 27.

Volunteers/jobs

Service trainer: There is an opening for a temporary training specialist (1 year) to administer a new and high-visibility customer service training program. For more information, call 2-5200.

Girl Scout volunteer: The Terceira Island Girl Scouts is looking for a volunteer secretary and publicist. For more information, call Patricia Lopez 295-549-434 or

Annie Hollenbeck 295-549-522.

EDIS help: The EDIS program at the 65th Medical Group needs a volunteer to help with administrative duties. For more information, call the American Red Cross office at 2-6411.

HS help: Lajes High School is looking for a volunteer receptionist who has knowledge of office equipment to assist with greeting customers, answering phones, filing, faxing and copying for of five or more hours a week. Free childcare is available. For more information, call the American Red Cross office at 2-6411.

NAF jobs: The following 65th Services Squadron jobs are or will be vacant soon: Central warehouse materials handler, child development center child development program assistant, human resources office training specialist, youth center school age program assistant. Apply at the human resources office between 9 a.m.-4 p.m. Mon.-Fri., in Bldg. T-112. For more information, call 2-5200.

Community tech: A contract job is open through Thursday for a community readiness technician. The contractor will provide workshops for the family support center on community, personal and financial readiness, and Microsoft Office products. The position runs from Dec. 1-Sep. 30, 2005. For more information, call Airman 1st Class Bethany Schwartzkopf at 2-6855.

Tax help: A contract job for a tax assistance program manager is open through Dec. 9. The contractor provides information, education and tax preparation services to all DOD personnel. The position runs from Jan. 12-June 1, 2005. For more information, call 2nd Lt. Karin Tjelmeland at 2-3123.

Miscellaneous

Gift certificates: The Defense Commissary now has \$25 gift certificates for sale at the customer service office.

Toll-free calls: To dial toll-

free numbers via DSN dial 94-809-4-OFF-DSN (809-463-3376), await the second dial tone, dial the toll-free number.

Chapel events

Events take place at the base chapel unless otherwise noted. For more information, call 2-2411.

Children Christmas musical practice: 3 p.m. Saturdays.

Angel tree program: Now until Dec. 12, located at base exchanges.

Protestant Women of the Chapel Fellowship meeting- Advent workshop: 6:30 p.m. today.

Men's spiritual leadership training/breakfast: 8 a.m. Saturday.

Catholic Parish Retreat: 10 a.m. Saturday.

Children and youth movie night: 7 p.m. tonight.

Catholic Advent Workshop: 11 a.m. Saturday.

Classified

Submit ads via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday.

For Sale: 2002 Ford Explorer Sport Trac 4WD, 4.0 liter. In great condition only 21,500 miles. Asking \$16,000. For more information, call 295-549-790 after 5 p.m.

FREE CAT to good home. 2 year old female calico cat has all shots updated, microchip and has been fixed. She is a good family cat and is well behaved. Includes kennel, various cat toys, food dishes, window perch, and bed. Call Neil or Jennie 295-549-680.

5.0 L Briggs & Stratton lawnmower in excellent condition for sale. Original price \$250, used 12 times: \$100 OBO. 1.45 qt dehumidifier: \$50. Call Joe at 968 16 7764.

1993 Fiat Uno, runs great, recent tune-up, inspection good thru November 2005. Perfect island car. Portuguese plates, \$1,400 OBO. Call Austin at 961-052-195.

Much-loved gently-used toddlers toys for sale! Step 2 firetruck for 2, 1 year old, \$35; large tub of Mega Blocks \$7; Road Master tricycle \$5; Sesame Street GearBox easel \$10 Moving soon! Call Anna or Rick at 295-549-794.